

Sex Work and the Mind

- ✿ Making money through sex work - in any form, can create a huge rush. Getting paid to have people watch you, touch you, and spend time with you can be very exciting.
- ✿ Earnings are unpredictable - for both physical and online-based sex work, including content creation.
- ✿ These highs and lows can cause a response similar to that of a person with a gambling addiction. Gamblers will do whatever it takes for that next win, and sex work can be similar - increasing the physical risk to safety, or engaging in acts (either physical or online) that they are uncomfortable with just to make money.
- ✿ Everyone has bad days at work. Bad days at work for a sex worker can be worse than in most work places. With sex work being socially stigmatised, a lot of sex workers don't share what they do for work with family and friends. Not being able to debrief after work, especially if it's been a bad day, can take its toll.
- ✿ Accessing support services, including counselling, and peer worker support through Respect Inc. is vital to support positive mental health.